

Toxic Stress Steering Committee

Meeting Summary

August 29, 2014

Attendees:

In person: Dr. Gina DiRenzo-Coffey; Ivy Bloom; Betty Medinger; Jennifer Severe-Oforah; Jan Goracke (alternate for Sue Adams); Joan Luebbers; Heather Leschinsky; Ming Qu; Paula Eureka; Richard Mettler; Tiffany Mullison; and Mai Dang.

On phone: Brandon Verzal

Welcome & Introductions

Richard Mettler called the meeting to order at 10:10am. Steering Committee members introduced themselves and Richard previewed the agenda.

Tiffany asked members to refer to the handouts:

- Adverse Childhood Experiences and Health and Well-Being Over the Lifespan
- Finding Your ACE Score
- ACEs=Adverse Childhood Experiences

Members were paired up and instructed to talk about each of the ACEs and then write their reactions on the 10 flip chart pages that were hung in the room. Each flip chart page had the name of 1 ACE with four areas for feedback

- Does this ACE appear in their line of work – members wrote their names
- What ACEs appear linked or connected to each other – members wrote what ACE appeared to be connected to the ACE on the page
- The prevalence of the ACE – on a continuum of uncommon to common
- The degree of detriment of the ACE on a child – on a continuum of low to high

Members then engaged in a group discussion on each ACE and reactions to the responses on the flip chart pages.

Review July 7, 2014 Meeting Summary

Members accepted the Meeting Summary as presented.

Toxic Stress Implications

Dr. Gina DiRenzo-Coffey gave a presentation, “Growing Brains: The Science of Early Brain Development and What Physicians Can Do to Help.” The presentation helped depict several crucial points for mitigating toxic stress:

- Toxic stress may start pre-conception
- Generational impact of stressors – such as food shortages and disasters – on physical and behavioral health
- The importance of self-regulation

The link to her presentation:

http://prezi.com/ulhbzbys7stx/raising-nebraska-happyandhealthyfamilies/?utm_campaign=share&utm_medium=copy

Simple Solutions

Tiffany charted on the wall the many times the question WHY needs asked while planning an invention. She shared how the question was asked as a community ‘drilled down’ to address the problem of truancy. The particular community asked WHY 5 times to determine one contributor to high truancy was the use of older siblings as babysitters for younger children suffering allergies and asthma. One intervention strategy was providing families – mainly low income and living in subsidized housing – with vacuums.

Tiffany challenged the group to think of the WHY questions as our Steering Committee ‘drills down’ to address the problem of toxic stress.

The Charge of the Steering Committee

Richard helped the group explored the language in the charge as presented on the Meeting Agenda. Richard asked the members to share their thoughts. Members expressed thoughts about:

- Diversity in the state, small town vs big city, that a single plan cannot deliver an impact across the whole state.
- Brief is better. We can add bullets but strive to keep charge short.

The Charge was re-written as follows:

The Charge: Create **and promote a multi-system**, strategic plan for the identification, prevention, and mitigation of toxic stress in young children aged 0-3 years **in Nebraska**.

Richard reviewed future meeting dates and locations with members. The meeting concluded at 12:05pm.

2014 Toxic Stress Steering Committee Meeting Dates

<u>Date</u>	<u>Location</u>
September 26	State Office Building, Lower Level Room A
October 17	State Office Building, 5 th Floor Room B
November 7	State Office Building, Lower Level Room F
December 12	State Office Building, 5 th Floor Room B

Meetings are from 10am – 12pm, on Friday morning in Lincoln